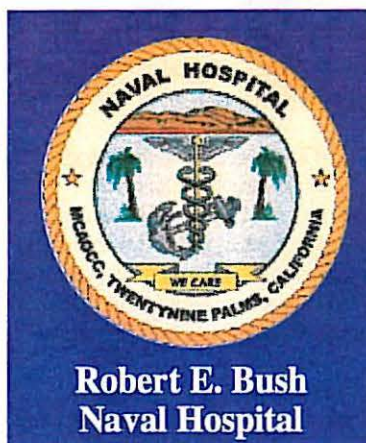


*Special Announcement...***School and Sports Physical Rodeo Scheduled at Hospital**

**T**he Robert E. Bush Naval Hospital is offering a School and Sports Physical Rodeo in the Primary Care Department on August 5 and 6, and again on August 19. Please call 830-2752 to make your appointment.

You will need to bring your child's immunization card, school and sports physical forms, medication school release forms, and your child's military identification card.



**Robert E. Bush  
Naval Hospital**

**Up Coming Birthdays...**

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Dental Corps...  
Est. August 22, 1912

Bureau of Medicine and  
Surgery...  
Est. August 31, 1842



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**Hospital Honors Sailors, Civilians of the Quarter**

**T**he Robert E. Bush Naval Hospital recently celebrated the selection of its People of the Quarter for the period from January 1 through March 31, 2008.

Lieutenant Commander Frances Slonski, Department Head of the Main Operating Room was selected as the Officer of the Quarter. Her citation reads in part, "You astutely managed a team of 27 personnel and a \$650,000 OPTAR and assumed additional responsibilities as Department Head, Orthopedic, General Surgery



and Chiropractic Clinics. You continued to expand upon your role as Command Infection Control Officer by revising and updating present bloodborne pathogen and handwashing policies while developing new Acinobacter, MRSA and Hepatitis B protocols. You led numerous environmental and process improvements within your departments including the installation of a new tissue storage refrigerator saving over \$5000 per quarter in return shipment costs. In addition to your primary duties you served as acting Director and Senior Nurse Executive and coordinated numerous fundraisers and events in preparation for this years Nurses Week and the 100th Nurse Corps Gala held in San Diego."

Culinary Specialist First Class Kenneth Hogg, Combined Food Services Operations, has been named as the Senior Sailor of the Quarter. His citation reads in part, "As the lead person of the Combined Food Service Operations, your remarkable accomplishments set you apart from your peers during this quarter. As a direct result, of his



untiring devotion to duty, Petty Officer Hogg was selected as the Naval Hospital Twentynine Palms Senior Sailor of the Quarter for 1st Quarter Calendar Year 2008. The experience and leadership you displayed this quarter are the cornerstone of the recognition that you have justifiably earned. Your efforts earned you the respect and the admiration of his superiors, peers, and subordinates alike."

Hospital Corpsman Third Class Ashley Groke, Emergency Medicine Department, has been selected as the Junior Sailor of the Quarter. Her citation reads

in part, "As President and founding member of the Hospital's Junior Enlisted Association, you demonstrated outstanding leadership capabilities. You oversaw the organization and successful completion of the Valentine's Gram sale, Easter Basket Auction, and the Breakfast Burrito fund raiser, collecting over \$1000 towards the Corpsmen Ball. You also organized the Desert Mail Call to raise money and prepare care packages to our deployed Marines and Sailors.



*Continued on page 8*

*Inside...*

**T**here are two reasons why you may need a colonoscopy which is a form of colon cancer screening.

*page 2*

**F**ive health conditions are responsible for two out of every three adult male deaths in America. With the odds against him, what can a man do to effectively fight back?

*page 3*

**S**uperstars

*page 4, 5 & 6*

**C**ontinuing thoughts on Emergency Preparedness includes a Family Emergency Plan.

*page 7*

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# Why do I need a colonoscopy?

**Martha Hunt, MA**  
Health Promotion & Wellness  
Robert E. Bush Naval Hospital

**T**here are two reasons why you may need a colonoscopy which is a form of colon cancer screening.

First of all, a colonoscopy will help test for and maybe help prevent colorectal cancer.

Secondly, when you access the age or risk appropriate annual screening that you need, you bring funds into the Naval Hospital so that we can continue to offer the same high quality care we now provide.

Remember, there is no free lunch in life and when you do not access the annual tests needed for your gender and age, then not only are you putting your health at risk but Navy Medicine can then cut our budget impact-

ing the staffing and services we offer.

## What is a colonoscopy?

Colonoscopy examines the entire colon with the use of a flexible tube with a camera at one end. The test generally lasts about 30 minutes, is safe and usually painless. There may be some discomfort, but you are usually given a sedative to help you to relax. Colonoscopy is usually needed only once every ten years if the test results are normal.

Colonoscopy detects more than 95 percent of early colon cancer. Colonoscopy is the only test that can also prevent cancer because the doctor can remove polyps -- small growths that may develop into cancer if left alone -- before they turn into cancer. Other colon cancer screening tests do not examine the colon as thoroughly or

remove polyps.

## What are the risk factors for colon cancer?

Being over age 50 is the leading risk factor for colon cancer as more than 90 percent of colon cancers occur after age fifty. Also, if you have ever had anyone in your family with colon cancer, your risk is very high. If you have a family member with colon cancer, your provider may even suggest a colonoscopy well before age fifty.

Other risks for colon cancer include tobacco use, obesity, being either African American or of Ashkenazi (Eastern European) Jewish ancestry. Having other colon diseases such as Ulcerative colitis or

Crohn's disease may also increase your risk of developing colon cancer.

There are other tests for colon cancer screening that are less invasive but they may not be as accurate as colonoscopy or TRI-CARE may not pay for them. Fecal Occult Blood Test (FOBT) and Fecal Immunochemical Test (FIT) Tests are tests that check for hidden blood in the stool. This test should be done every year. Sigmoidoscopy is a test similar to colonoscopy but because it examines less than half of the colon (not the entire colon as colonoscopy does), it can miss some cancer. This test should be done every five years.

How can you lower your risk of developing colon cancer? Stop using tobacco. You can call

health promotions at 830-2814 to sign up for a tobacco cessation class. Maintain a healthy weight and exercise regularly with at least 30 minutes of moderate physical activity (such as a brisk walk) at least five days a week. Also, eating a diet high in fruits and vegetables will help prevent colon cancer.

If you have any of the risk factors for colon cancer, ask your regular doctor about colonoscopy. And remember, the more age and risk appropriate annual testing you take advantage of, the better your health and the more funds are given to the naval hospital. This increased funding then allows us to maintain or expand the staffing and services we offer.

# Why do women need to be screened for cervical cancer?

**Martha Hunt, MA**  
Health Promotion & Wellness  
Robert E. Bush Naval Hospital

**T**here are two reasons why women need to be screened for cervical cancer. First and foremost, you should be screened for cervical cancer for your health. Like all cancers, the earlier you catch them the easier they are to treat and the greater your chance of survival. Secondly, because your Naval Hospital's funding is partly based on patient compliance to routine annual screenings -- if you aren't using the services here for annual health screenings, Navy Medicine gives the funds to other hospitals. This causes a ripple effect whereby funds lost here then create a reduction of staffing and services available to the hospital community as a whole. Remember, there is no free lunch -- the more you use the services here for routine screening visits, the more services the hospital can offer to the community as a whole. Or in other words, use it or lose it funding.

## What is cervical cancer?

Cancer is a disease in which certain body cells don't function right, divide very fast, and produce too much tissue that forms a tumor. Cervical cancer is cancer in the cervix, the lower, narrow part of the uterus (womb). The uterus is the hollow, pear-shaped organ where a baby grows during a woman's pregnancy. The cervix forms a canal that opens into the vagina (birth canal), which leads to the outside of the body.

There are several risk factors for developing cervical cancer. Some of the factors can be changed and some cannot. The leading risk factor for cervical cancer is infection with the HPV virus. HPV viruses are transmitted sexually (passed from one person to another by sexual contact) and can infect the cervix. There are several types of HPV viruses, just like there are many types of viruses that cause the flu

*Continued on page 7*

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# Knock Out the Top 5 Preventable Diseases

Brian P. Smith  
TriWest Healthcare Alliance

**F**ive health conditions are responsible for two out of every three adult male deaths in America. With the odds against him, what can a man do to effectively fight back?

The Centers for Disease Control and Prevention (CDC) reports that five diseases account for more than 65 percent of the deaths of American men. Faced with those frightening statistics, it is more important than ever to make sure men are doing what they can to guard against those deadly diseases: heart disease, cancer, stroke, lung disease and diabetes.

While it is unclear why men may be more at-risk for these diseases than women, TRICARE (the Department of Defense health care program serving active duty service members, National Guard and Reserve members, retirees and their families) will cover preventive screenings and tests to help beneficiaries avoid preventable conditions.

"A lot of people don't really understand how powerful preventative measures can be," said Frank 'Mac' Maguire, M.D., senior vice president of Health Care Services at TriWest Healthcare Alliance, TRICARE's West Region contractor.

Recognizing the leading health threats, a man can better understand the steps to take that may reduce the risks and help avoid the leading causes of death. Lifestyle changes can lessen some of the risks. For those with

a higher risk for any of the diseases, it is very important to discuss screenings with a primary care manager (PCM). Clinical preventive care services for family members and retirees are generally covered by TRICARE without a referral; active duty Service members should coordinate all preventive services through their PCM or military treatment facility.

View a list of TRICARE-covered services online under the "Medical" tab at [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit).

## Heart disease

Topping the list is heart disease, responsible for more than one quarter of the deaths. Reduce the risk of heart disease and its deadly partner, coronary artery disease, by treating the conditions that contribute to them: high cholesterol, diabetes and high blood pressure.

TRICARE coverage includes blood pressure and cholesterol screenings. To lower the risk of heart disease, the CDC recommends not smoking, eating a healthy diet, exercising and following the doctor's directions for any prescribed medications.

## Cancer

While lung cancer is the most common form, all types of cancer cause almost 25 percent of deaths in American men. Smokers are most at risk for lung cancer and family history can play a role for all cancers. Build a defense against cancer with a healthy diet, exercise and by avoiding known causes of cancer, like exposure to the sun's UV rays.

Those with cancer in their family should discuss regular health screenings with their

PCM. TRICARE coverage for colonoscopies, prostate exams and certain blood tests may have certain medical or risk factor criteria.

## Stroke

Not always deadly, a stroke can also paralyze. Although family history can be responsible for risk factors, the American Stroke Association suggests making healthy lifestyle choices to help control risk factors like high blood pressure and diabetes. These choices can include lowering cholesterol levels, controlling high blood pressure, exercising and eating healthy. The appropriate tests and screenings should be coordinated with a PCM.

## Lung Disease

Associated with lung cancer, chronic obstructive pulmonary disease (COPD) can also include infections, emphysema, some forms of asthma and chronic bronchitis. Respiratory-related conditions can be made worse by smoking and by poor air quality; reduce risks by not smoking and working with a PCM to manage any other breathing-related issues.

## Diabetes

Excess body fat (and family medical history) can affect how the body uses blood sugar (glucose). The CDC estimates that 80 percent of diabetics are overweight. Maintaining a healthy weight through diet and exercise

as well as following a PCM's recommendations can help reduce treatable risk factors.

For those who suffer from congestive heart failure, asthma or diabetes, TriWest offers a voluntary Condition (Disease) Management program, offering education to eligible TRICARE beneficiaries to help them manage their condition. Visit the Healthy Living Portal on [www.triwest.com](http://www.triwest.com) for more information on the program and for more healthy resources.

It is important to recognize unhealthy habits and decide to make a change for healthy living. TRICARE's clinical preventive care and regular screenings, from a PCM, can help monitor disease risk factors.

## Campaigns Reenergize DoD Healthy Lifestyle Program

FALLS CHURCH, Va. -- The Department of Defense (DoD) and TRICARE continue their strong commitments to healthy lifestyles by offering new programs and expanding existing initiatives. High-quality opportunities and information are available to beneficiaries on weight management and fitness, tobacco cessation and responsible alcohol use.

"That Guy," the award-winning, social marketing initiative for alcohol abuse awareness among active duty personnel has exposed its "drunken" ways once again. DoD and TRICARE recently released radio public service announcements (PSAs) in multiple major markets such as Philadelphia, Atlanta and Seattle. Eight embarrassing "That Guy" radio PSAs were distributed to 482 U.S. radio stations. Now everyone can hear about bad dates, bad dance moves, bad decisions and totally inappropriate behavior via "drunkus obnox-

*Continued on page 7*

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# Super Stars...



*Lieutenant Commander Chrisanna Johnson, Primary Care Clinic, receives a Navy and Marine Corps Commendation Medal.*



*Recently frocked are: HM2 Jose Mata; CS2 Timothy Kincaid; HM2 Cody Thornton; HM3 Cody Baumann; HM3 Rabeline Brown; HM3 LarryAlan Estep; PS3 Reginald Fernandez; HM3 Holly Finnesy; HM3 Matthew Gannon; HM3 Athur Gmur; HM3 Jessica Reyes; HM3 Kameryn Wallace and HM3 William Roots.*



*Lieutenant Laura Jensen, Adult Medical Care Clinic, receives a Navy and Marine Corps Commendation Medal.*



*Lieutenant Commander Christina Frix, Surgical Services, takes the oath during her recent promotion ceremony.*



*HM3 Katie Booher, Emergency Medicine Department, receives the Navy and Marine Corps Achievement Medal.*

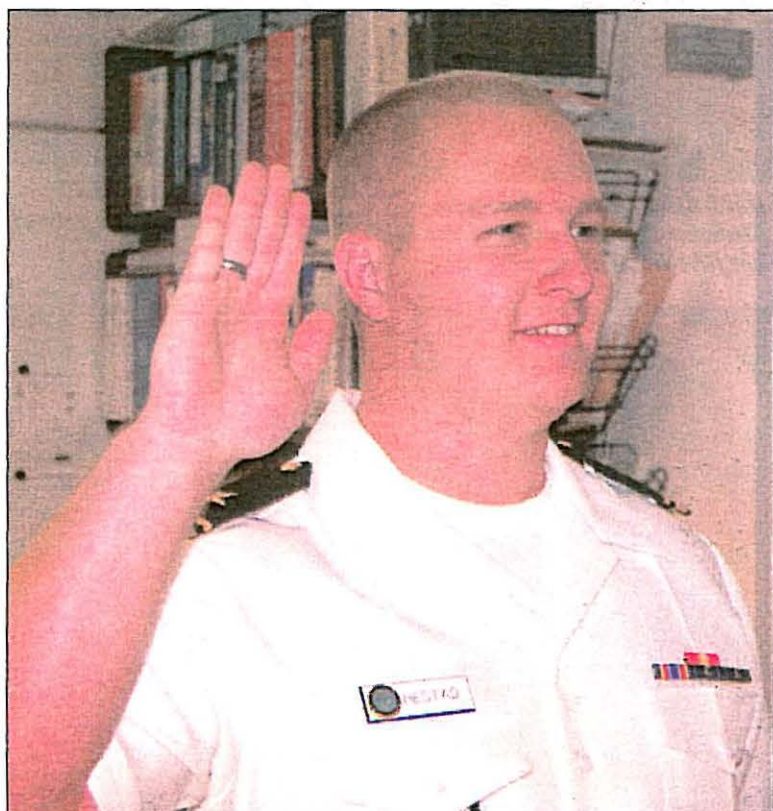




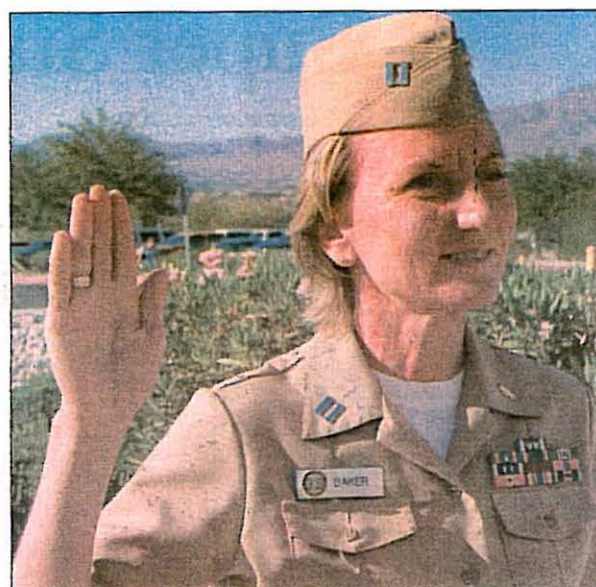
**Lieutenant Kristen Edgar, Maternal Infant Nursing Department, receives a Navy and Marine Corps Commendation Medal.**



**HM3 Mary Ann Holman, Health Care Operations, receives a Navy and Marine Corps Achievement Medal.**



**Lieutenant David Hestad, Facilities Management Officer, takes the oath during his recent promotion ceremony.**



**Lieutenant Commander Debra Baker, Laboratory Officer, takes the oath at her recent promotion ceremony.**

*Continued on page 6*

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# Super Stars...

... Continued



**CS3 Lawrence Silvas, BEQ Operations, receives his Second Good Conduct Medal.**



**HM3 Sarilyn Ogumoro, Surgical Suite, receives her first Good Conduct Medal.**



**Lieutenant Holly Lee, Command Comptroller, receives the Navy Marine Corps Commendation Medal.**



**HM3 Mitchell Groke, Adult Medical Care Clinic, receives his first Good Conduct Medal.**



**HN Jerry Nguyen, Optometry Clinic, receives his first Good Conduct Medal.**



**Maggie Samaniego, Fiscal, receives a Navy Civilian Meritorious Award.**



**HM1 Michael Santos, Bio-Med Repair, receives a Navy and Marine Corps Commendation Medal.**



**CS2 Timothy Kincaid, BEQ Operations, receives his second Good Conduct Medal.**



**HM3 Ashley Groke, Emergency Medicine Department, receives her first Good Conduct Medal.**



**CS3 Lawrence Silvas, BEQ Operations, receives his second Good Conduct Medal.**



**CS2 Bryant Taylor, BEQ Operations, receives his Third Good Conduct Medal.**



**HN Matthew Smith, Primary Care Clinic, receives his first Good Conduct Medal.**



**Fred Hernandez, Preventive Medicine, receives a Federal Length of Service Award.**



**HM3 Arthur Gmur, Adult Medical Care Clinic, receives his first Good Conduct Medal.**



**HM3 Holly Finnesy, Primary Care Clinic, receives her first Good Conduct Medal.**





# Ombudsman Corner

with neighbors or points of contact so there is familiarity. The more accustomed you and your children are with the plan of action, the more confident you will all feel should the time arise.

Setting up "Emergency Plan Practice" on a monthly basis may sound like overload, but to start it may not be a bad idea. Then, as everyone feels more at ease, you can spread the time out from every two months to every six.

A suggestion from Operation Prepare ([www.cnmc.navy.mil](http://www.cnmc.navy.mil)) is to have a Family Emergency Form. This form should be geared specifically for your family, and be kept in a well-known, safe place for each person in the family, as well as with a trusted

neighbor or points of contact or friends. Your Form may contain information such as:

1. Insurance Policy Numbers and Contacts

- \* Medical/Dental,
- \* Homeowners/Renters,
- \* Automobile, Life

2. Provisions for Utilities

If advised to cut off systems or utilities, writing the locations of, instructions for, and tools needed for them will be helpful.

- \* Electricity
- \* Gas
- \* Water
- \* Ventilation

3. Important Records

Make a checklist to help collect personal and financial

papers.

- \* Military ID cards, Birth Certificates, Social Security Cards, Passports, Citizenship papers, Marriage Licenses, Divorce Records, Vehicle Registration/Ownership Records, Medical Records, Power(s) of Attorney (personal/property), Wills
- \* Bank/Credit Union Statements, Credit/Debit Card Statements, Income Records (including government benefits, child support, and alimony), Mortgage Statement or Lease, Bills (utilities), Health Insurance Cards and Records, Other Insurance Records, Tax Returns, Property Tax Statements, Investment/Retirement Account Records

4. Other Important Information  
This section may include phone numbers, medications or anything else someone would need to know in case you are not with the group.

## Resource of the Month

760.830.3227

- \* Offers on base child care for children 6 weeks to 12 years.
- \* Hosts summer activities and special events for school aged children.
- \* Call or visit the Resource and Referral office at Building 694 for activities, availability and prices.

## Family Emergency Plan

Continuing thoughts on Emergency Preparedness includes a Family Emergency Plan.

Especially in households with children, it is a great idea to review emergency plans and actually act them out! Walk through escape plans and visit

## Cervical Cancer Screening...

Continued from page 2

every year. There is a vaccine available in the OB/GYN clinic of the Naval Hospital that can help to prevent cervical cancer by protecting against some of the different types of HPV viruses.

Another risk factor for cervical cancer is the number of sexual partners a person has had. The more sexual partners a person has had, then the greater the risk of all sexually transmitted diseases, not just HPV.

Other risk factors include having a high number of full-term pregnancies (7 or more) increases the risk of cervical cancer. Long-term use of oral contraceptives (5 years or more) increases the risk of cervical cancer. Cigarette smoking is associated with an increased risk of cervical cancer. Several studies have suggested that certain micronutrients (vitamins and minerals) may reduce the risk of cervical cancer, but this has not been proven.

Now, back to that free lunch discussion - receiving regular gynecological exams and Pap tests helps to prevent cervical cancer. Abnormal changes in the cervix can be detected (found)

early by the Pap test and treated before cancer develops. Women who do not regularly have Pap tests have an increased risk of cervical cancer and an increased risk of dying from it.

In the US, only 2.5 percent of cancer deaths in women are due to cervical cancer. However, in poor countries where access to routine annual screenings and the cervical cancer vaccine are unavailable, deaths among women due to cervical cancer can total as much as 50 percent of all cancer deaths in women.

Knowing the risk factors for cervical cancer can help you avoid them. Accessing the wonderful care available to you in the Naval Hospital can not only ensure your health but it helps to ensure the health of the community as a whole by increasing funding from Navy Medicine. For more information on cervical cancer prevention and screening visit [www.4women.gov](http://www.4women.gov) and click on "health topics." If you need to schedule your annual Pap test or wish to access the HPV vaccine, contact central appointments and schedule an appointment with your provider.

## Healthy Lifestyle Program...

Continued from page 3

ious." To energize newspaper content, commentaries and advice columns are replacing the usual articles and advertisements. "That Guy" cartoons and widgets are also planned for release. Check out [www.thatguy.com](http://www.thatguy.com) for the latest news and updates.

To keep the flame burning in the award-winning successful smoking cessation initiative, "Quit Tobacco. Make Everyone Proud," the [ucanquit2.org](http://ucanquit2.org) web site has been redesigned and expanded. The DoD created articles and materials to highlight content specific to each of the uniformed services, with service-specific statistics. The expanded features include the availability of both general usage and service-focused materials at [www.ucanquit2.org](http://www.ucanquit2.org). This content is designed to be used in newsletters, e-blasts and other promotional vehicles produced by Surgeon Generals, cessation class program managers, commanders and installations.

Military OneSource at [www.militaryonesource.com](http://www.militaryonesource.com) -- provided by the DoD -- has put on some weight. It added new programs and offers a more robust menu of services. Military OneSource now provides weight management (iCanChange), stress manage-

ment (iCanRelax) and cardiovascular health (iCanThrive) coaching services with the new, Healthy Habits Health Coaching Program. The program is available to all military service members and their families and offers them the right tools to take charge of their health including a personal health coach by phone or e-mail. The personal, dedicated health coach provides expertise in nutrition, exercise physiology and behavioral health. Coaching takes place over a number of scheduled sessions and continues as needed. Participants can also access their coach at any time with a voice messaging service.

For more information on specific healthy lifestyle campaigns visit [www.thatguy.com](http://www.thatguy.com), [www.ucanquit2.org](http://www.ucanquit2.org) and [www.militaryonesource.com](http://www.militaryonesource.com).

About TRICARE Management Activity and the Military Health System

TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.1 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to [www.health.mil](http://www.health.mil).

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# People of the Quarter...

*Continued from page 1*

Additionally you oversaw the implementation of the Hospital Beautification Program to clear the Hospital perimeter of trash and foreign objects on a weekly basis. As Emergency Medicine shift leader and supply petty officer, you are responsible for the upkeep of the Emergency Departments two ambulances valued at over \$200,000. You spent 15 hours revamping the ambulance inventory and an additional five hours revamping the emergency jump bags, to ensure compliancy with Inland County Emergency Medical Authority (ICEMA) regulations. As the department's DHMRSI Timekeeper Specialist and a valuable member of the Command's Color Guard you continue to show dedication to duty and motivation to help your fellow Sailors."

Hospital Corpsman Brian Brock, Emergency Medicine Department, has been picked as

the Blue Jacket of the Quarter. His citation reads in part, "During this tenure, you consistently performed your duties with the highest degree of pride and professionalism. As a Hospitalman, you accepted the duties and responsibilities of a Third Class Petty Officer becoming a shift team leader directly responsible for the mentorship and training of two corpsmen. As the Safety Petty



Officer, your tireless efforts ensured that the Emergency Department was compliant on all required safety regulations. On your own accord, you devoted five hours towards the maintenance and organization of the department's latex-free cart and implemented the latex-free ambulance jump bag. Because of your efforts, the Emergency Department was prepared to provide optimal care to latex allergic patients. Your top notch performance and enthusiasm in the Emergency Department has made you a valuable member of our team."

Mrs. Kelly Von Poppen, Outpatient Medical Records Supervisor, has been named as the Senior Civilian of the Quarter. Her citation reads in part, "As the Outpatient Medical Records Supervisor, you identified a two year back log of over



23,000 active duty and family member SF600s forwarded to Outpatient Records for filing and developed a plan to increase the number of SF600s filed per day per person, without impacting current workload or work hours. Your training and guidance to the Patient Administration Watch standers in the proper completion of inpatient admissions and discharges resulted in accurate reporting of Third Party Collections enabling the Command timely recuperation of funds. You provided training and guidance to 24 Patient Admin Department staff members, including four Marine Liaisons, in the proper completion of DMHRSi timecards. Your expertise as the Command's HIPAA Privacy Officer ensured 100 percent compliance with regulations to include extra training to 15 LVN students enhancing their knowledge, familiarity and awareness of protected health information." LVN James Castro, Primary Care Department, was named as the Junior Civilian of the Quarter. His citation reads in part, "You reported to a fast-paced Primary Care Department supporting 14 primary care providers and the delivery of outstanding healthcare to 16,685 enrolled beneficiaries. Due to the high operational tempo, you



took the lead in training 14 corpsmen and a newly hired LVN on key clinical functions. On a daily basis you are able to energetically prioritize numerous duties behind the scenes to ensure quality patient care to over 60 team patients and 25 telephonic consults. You have oversight of clinic functioning, seamlessly supporting nursing assignments in Family Medicine, Pediatrics, Internal Medicine and Immunizations while also expeditiously handling patient concerns at the lowest possible level. Your exemplary devotion to the department is noted by the appropriate appointment booking, increased provider relative value unit production, efficient completion of end of day reports, improved patient satisfaction while also maintaining clinic efficiency and productivity."

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